

THE EPWORTH SLEEPINESS SCALE

Name: _____

Date : _____

Sex: MALE or FEMALE

How likely are you to doze or fall asleep in the following situations, in contrast to feeling just tired? This refers to your way of life in recent times. Even if you have not done some of these things recently try to work out how they would have affected you. Use the following scale to choose the most appropriate number for each situation.

0= would never doze

1= slight chance of dozing

2= moderate chance of dozing

3= high chance of dozing

SITUATIONS

CHANCE OF DOZING

Sitting and reading	0	1	2	3
Watching TV	0	1	2	3
Sitting inactive in a public place (theater, meeting, etc.)	0	1	2	3
As a passenger in a car for an hour without a break	0	1	2	3
Lying down to rest in the afternoon when circumstances permit	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after a lunch without alcohol	0	1	2	3
In a car while stopped for a few minutes in traffic	0	1	2	3